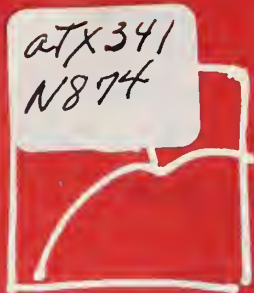


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## Nutrition and Diabetes

### Overview (in order by year)

*Diabetes Education Goals.* American Diabetes Association. Alexandria, VA: The Association. 1995. 88 pp.

*Handbook of Nutritional Management.* 2nd ed. Margaret A. Powers (ed.). Rockville, MD: Aspen Publishers, Inc., 1995. 544 pp. (in press).

*Nutritional Care of Diabetes* (Continuing education course). 2nd ed. Joyce Green Pastors. San Marcos, CA: Nutrition Dimension, Inc. Sept. 1995.

*Maximizing the Role of Nutrition in Diabetes Management.* American Diabetes Association. Alexandria, VA: The Association. 1994. 64 pp.

*A Core Curriculum for Diabetes Education.* 2nd ed. Virginia Peragallo-Dittko (ed.). Chicago, IL: American Association of Diabetes Educators, 1993. 732 pp.

"Diabetes mellitus: current issues in the diet controversy." Therese Beaudette. *Seminars in Nutrition*, 11(5):1-18. May/June 1992.

### General Nutrition Management (in order by year)

#### Books (in order by year)

*Meal Planning Approaches for Diabetes Management.* 2nd ed. Diabetes Care & Education Dietetic Practice Group of The American Dietetic Association. Joyce Green Pastors and Harold Hollerorth (eds.) Chicago, IL: The American Dietetic Association, 1994. 163 pp.

## Journal Articles (in order by year)

- "Commentary and translation: 1994 nutrition recommendations for diabetes." Diabetes Care and Education, a practice group of The American Dietetic Association; Lesley Fels Tinker, Joan M. Heins, and Harold J. Hollerorth. *Journal of The American Dietetic Association*, 94(5):507-511. 1994.
- "Diabetes mellitus-a priority health care issue for women." Lesley Fels Tinker. *Journal of The American Dietetic Association*, 94(9):976-985. 1994.
- "Food labeling." (Technical review). Madelyn L. Wheeler, et al. *Diabetes Care*, 17(5):480-487. 1994.
- "Nutrition principles for the management of diabetes and related complications." (Technical review). Marion J. Franz, et al. *Diabetes Care*, 17(5):490-518. 1994.
- "Nutrition recommendations and principles for people with diabetes mellitus." (Position paper). American Diabetes Association. *Journal of The American Dietetic Association*, 94(5):504-506. 1994. Also in: *Diabetes Care*, 17(5):519-522. 1994.
- "Nutrition recommendations for people with diabetes mellitus: a break with tradition." Ann M. Coulston. *Nutrition Today*. 29(3):10-11. 1994.
- "Avoiding sugar: does research support traditional beliefs?" Marion J. Franz. *The Diabetes Educator*, 19(2):144-150. 1993.
- "Expanded role of the dietitian in the Diabetes Control and Complications Trial: implications for clinical practice." The DCCT Research Group. *Journal of The American Dietetic Association*, 93(7):758-764. 1993.
- "Guidelines vs practice in the delivery of diabetes nutrition care." Marilyn S. Arnold, et al. *Journal of The American Dietetic Association*, 93(1):34-39. 1993.
- "Lipid-lowering diets: putting guidelines into practice." Melinda D. Maryniuk. *The Diabetes Educator*, 19(5):431-436. 1993.
- "Nutrition interventions for intensive therapy in the Diabetes Control and Complications Trial." The DCCT Research Group. *Journal of The American Dietetic Association*, 93(7):768-772. 1993.
- "Nutritional considerations for other complications of diabetes." S. McLaughlin. *The Diabetes Educator*, 18(6):527-9. 1992.



"Nutritional recommendations for cardiovascular complications of diabetes." Linda Delahanty. *The Diabetes Educator*, 18(6):543-544. 1992.

#### **Educational Tools/Strategies (in order by year)**

"A comparison of learning activity packages and classroom instruction for diet management of patients with non-insulin-dependent diabetes mellitus." D.L. Arseneau, et al. *The Diabetes Educator*, 20(6):509-514. 1994.

"Creative nutrition education for Headstart children of the Seminole Tribe of Florida. Karen Wilk Rubin. *Topics in Clinical Nutrition*, 9(2):73-78. 1994.

"Development of a Samoan nutrition exchange list using culturally accepted foods." Anne Caprio Shovic. *Journal of The American Dietetic Association*, 94(5):541-543. 1994.

"Evaluation of an activated patient diabetes education newsletter. *The Diabetes Educator*, 20(1):29-34. 1994.

"Traditional vs anchored instruction for diabetes-related nutritional knowledge, skills, and behavior." J.W. Pichert, et al. *The Diabetes Educator*, 20(1):45-48. 1994.

"Finding the right fit for meal planning." M.J. Franz. *Diabetes Care*, 16(7):1043-1044. 1993.

"Alternatives to the exchange system for teaching meal planning to persons with diabetes." J.G. Pastors. *The Diabetes Educator*, 18(1):57-62. 1992.

"Diabetes education in a Mexican-American population: pilot testing of a research-based videotape." S.A. Brown, S.P. Duchin, and E.T. Villagomez. *The Diabetes Educator*, 18(1):47-51. 1992.

"Eating away from home: teaching creatively and successfully." H. Warshaw. *The Diabetes Educator*, 18(1):21-22, 24, 26-28. 1992.

"Follow-up dietary counseling benefits attainment of intake goals for total fat, saturated fat, and fiber." Joanne Milkereit and James S. Graves. *Journal of The American Dietetic Association*, 92(5):603-605. 1992.

"A regional diabetes nutrition education program: its effect on knowledge and eating behavior." A.L. Pederson and K.R. Lowry. *The Diabetes Educator*, 18(5):416-419. 1992.

"Understanding the use of the exchange lists for meal planning in diabetes management." H.J. Hollerorth. *The Diabetes Educator*, 18(5):474-482. 1991.

### **Gestational Diabetes (in order by year)**

Please refer to the Health Professional/Researcher and Educator levels on *Nutrition During Pregnancy Nutri-Topics*.

### **Glycemic Index (in order by year)**

"Importance of glycemic index in diabetes." J.C. Miller. *American Journal of Clinical Nutrition*, 59(Supplement):747S-752S. 1994.

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"Carbohydrates, fat, and insulin action." Ulf Smith. *American Journal of Clinical Nutrition*, 59(Supplement):686S-689S. 1994.

"Insulin resistance in Mexican Americans-a precursor to obesity and diabetes." M.F. McCarthy. *Medical Hypothesis*, 41:308-315. 1993.

"Abdominal obesity as important component of insulin-resistance syndrome." Jean-Pierre Despres. *Nutrition*, 9(5):452-459. Sept./Oct. 1993.

*Dietary Lipids and Insulin Action*. Second International Smolenice Insulin Symposium. I. Klime, L.H. Storlien, and E. Ebokova (eds.). In: *Annals of the New York Academy of Sciences*, 683:1-387. 1993.

"Relationship between insulin resistance and coronary heart disease in diabetes mellitus and the general population: a critical appraisal." T.G. Elliott and G. Viberti. *Bailliere's Clinical Endocrinology and Metabolism*, 7(4):1079-1103. 1993.

"Insulin resistance in visceral obesity." Ahmed H. Kissebah. *International Journal of Obesity*, 15:109-115. 1991.

### **Nutrients or Calories (in order by year)**

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- "Practical mineral recommendations: translation into clinical practice." (Nutrition update). Lois E. Schmidt. *The Diabetes Educator*, 21(1):21, 23. 1995.
- "Dietary fiber guidelines in the Exchange Lists for Meal Planning: should they be revised?" Judith A. Marlett and Tsui-Fun Cheung. *Diabetes Care*, 17(12):1534-1541. 1994.
- "Effects of a low-insulin-response, energy-restricted diet on weight loss and plasma insulin concentrations in hyperinsulinemic obese females." Marthinette Slabber, et al. *American Journal of Clinical Nutrition*, 60:48-53. 1994.
- "Effects of dietary protein restriction on glucose and insulin metabolism in normal and diabetic humans." F. Lariviere, et al. *Metabolism*, 43(4):462-7. 1994.
- "Fructose in the diabetic diet." Matti I.J. Uusitupa. *American Journal of Clinical Nutrition*, 59(Supplement):753S-7S. 1994.
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- "Selected vitamins and minerals in diabetes." Arshag D. Mooradian, et al. *Diabetes Care*, 17(5):464-479. 1994.
- "Are dietary protein requirements altered in diabetes mellitus?" L. John Hoffer. *Canadian Journal of Physiology and Pharmacology*, 71(9):633-638. 1993.
- "Ingredients that replace fat: their role in today's food and challenges in educating people with diabetes." Hope S. Warshaw and Margaret A. Powers. *The Diabetes Educator*, 19(5):419-430. Sept./Oct. 1993.
- "Lipid-lowering diets: putting guidelines into practice." Melinda D. Maryniuk. *The Diabetes Educator*, 19(5):431-437. 1993.
- "Fatty acids and diabetes." Sam J. Bhathena. In: *Fatty Acids in Foods and Their Health Implications*. Ching Kuang Chow (ed.). New York: Marcel Dekker, Inc., 1992. pp. 823-855.

#### **Nutrition Assessment (in order by year)**

- "Validation of a food-repertory grid with a diabetic population." Kristine M. Lenczycki, Jennifer E.L. Anderson, and Chris D.H. Evans. *American Journal of Clinical Nutrition*, 59(Supplement):201S-202S. 1994.

## **Risk Factors/Diabetes Complications (in order by year)**

"Detection and management of lipid disorders in diabetes." *Diabetes Care*, 18(Supplement 1):86-93. 1995.

*National High Blood Pressure Education Program Working Group Report on Hypertension in Diabetes*. National Heart, Lung, and Blood Institute, National Institutes of Health, Public Health Service, U.S. Department of Health and Human Services. NIH Publication No. 95-3530. Reprinted 1995. 26 pp.

"End-stage renal disease attributable to diabetes mellitus." Thomas V. Perneger, et al. *Annals of Internal Medicine*, 121:912-918. 1994.

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"Cardiovascular disease risk factors and glucose tolerance." J. Michael Sprafka, et al. *Annals of Epidemiology*, 2(5):647-656. 1992.

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"Nutritional concerns in diabetic nephropathy." Susan Thom. *The Diabetes Educator*, 18(6):537-539. 1992.

"Nutritional concerns in gastrointestinal neuropathy." Beth Cronin. *The Diabetes Educator*, 18(6):531-535. 1992.

"Nutritional considerations for other complications of diabetes." Sue McLaughlin. *The Diabetes Educator*, 18(6):527-529. 1992.

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"Chicken and fish diet reduces glomerular hyperfiltration in IDDM patients." Miriam Pecis, Mirela J. de Azevedo, and Jorge L. Gross. *Diabetes Care*, 17(7):665-672. 1994.



- "Cow's milk exposure and type 1 diabetes mellitus: a critical review of literature." Hertz C. Gerstein. *Diabetes Care*, 17(1):13-19. 1994.
- "Effect of glycemic control, race (white versus black), and duration of diabetes on reduced glutathione content in erythrocytes of diabetic patients. Sushil K. Jain and Robert McVie. *Metabolism*, 43(3):306-309. 1994.
- "Effect of moderate dietary protein restriction on the progression of overt diabetic nephropathy: a 6-mo. prospective study." Frederick J. Raal, et al. *American Journal of Clinical Nutrition*, 60:579-85. 1994.
- "Management of dyslipidemia in IDDM patients." Abhimanyu Garg. *Diabetes Care*, 17(3):224-234. 1994.
- "Primary prevention of insulin-dependent diabetes mellitus: simple approaches using thermal modification of milk." F.T. Strand. *Medical Hypotheses*, 42(2):110-4. 1994.
- "Dietary recommendations for children and adolescents with diabetes: an implementation paper." G. Magrath and B.V. Hartland of the British Diabetic Association's Professional Advisory Committee. *Diabetic Medicine*, 10(9):874-885. 1993.
- "Early exposure to cow's milk and solid foods in infancy, genetic predisposition, and risk of IDDM." Jill N. Kostraba, et al. *Diabetes*, 42:288-295. 1993.
- "Evaluation of a weight management intervention program in adolescents with insulin-dependent diabetes mellitus." Deborah A. Thomas-Dobersen, Nancy Butler-Simon, and Monika Fleshner. *Journal of The American Dietetic Association*, 93(5):535-540. 1993.
- "Lack of immune responsiveness to bovine serum albumin in insulin-dependent diabetes." Mark A. Atkinson, et al. *The New England Journal of Medicine*, 329:1853-1858. 1993.
- "Nutrition management of insulin-dependent diabetes mellitus in adults: review by the Diabetes Care and Education Dietetic Practice Group." Rachel B. Lyon and Debra M. Vinci. *Journal of The American Dietetic Association*, 93(3):309-314, 317. 1993.
- "Prescribed versus unrestricted carbohydrate diets in children with type 1 diabetes." K.J. Price, et al. *Diabetic Medicine*, 10(10):962-967. 1993.
- "Usual dietary intake and hemoglobin A1 level in patients with insulin-dependent diabetes." Tomoko Shimakawa, et al. *Journal of The American Dietetic Association*, 93(12):1409-1412. 1993.
- "A bovine albumin peptide as a possible trigger of insulin-dependent diabetes mellitus." Jukka Karjalainen, et al. *The New England Journal of Medicine*, 327(5):302-3-7. 1992.

- "Compliance with dietary prescriptions in children and adolescents with insulin-dependent diabetes mellitus." Lois E. Schmidt, et al. *Journal of The American Dietetic Association*, 92(5):567-570. 1992.
- "Diet education for children with IDDM." J. Van-Ginkel. *The Diabetes Educator*, 18(3):199, 201-202, 204. 1992.
- "Relation of dietary barriers in patients with insulin-dependent diabetes mellitus to different modes of treatment." Ernst Chantelau. *Journal of The American Dietetic Association*, 92(9):1129-1131. 1992.
- "Nutritional management of children and adolescents with insulin-dependent diabetes mellitus: a review by the Diabetes Care and Education Dietetic Practice Group." Jane E. Connell and Deborah Thomas-Dobersen. *Journal of The American Dietetic Association*, 91(12):1556-1564. 1991.

### **Nutrition Management of Type II Diabetes (NIDDM) (in order by year)**

- "Omega-3 fatty acids in adipose tissue of obese patients with non-insulin-dependent diabetes mellitus reflect long-term dietary intake of eicosapentaenoic and docosahexaenoic acid." Corrie Popp-Snijders and Marion C. Block. *American Journal of Clinical Nutrition*, 61:360-365. 1995.
- "Why do low-fat high-carbohydrate diets accentuate postprandial lipemia in patients with NIDDM?" Y.D. Ida Chen, et al. *Diabetes Care*, 18(1):10-16. January 1995.
- "Caloric restriction per se is a significant factor in improvements in glycemic control and insulin sensitivity during weight loss in obese NIDDM patients." Rena R. Wing, et al. *Diabetes Care*, 17(1):30-36. 1994.
- "Clinical characteristics of type II diabetic subjects consuming high versus low carbohydrate diets in Mexico City and San Antonio, Texas." Clicerio Gonzales, et al. *Diabetes Care*, 17(5):397-404. 1994.
- "Determinants of diet glycemic index calculated retrospectively from diet records of 342 individuals with non-insulin-dependent diabetes mellitus." Thomas M.S. Wolever, et al. *American Journal of Clinical Nutrition*, 59:1265-9. 1994.
- "Diet and physical activity as determinants of hyperinsulinemia: The Zutphen Elderly Study." Edith J.M. Feskens, J. Gerald Loeber, and Daan Kromhout. *American Journal of Epidemiology*, 140(4):350-360. 1994.
- "Dietary advice based on the glycaemic index improves dietary profile and metabolic control in type 2 diabetic patients." G. Frost, J. Wilding, and J. Beecham. *Diabetes Medicine*, 11(4):397-401. 1994.

- "Effects of a small quantity of w-3 fatty acids on cardiovascular risk factors in NIDDM: a randomized, prospective, double-blind, controlled study." Lloyd Axelrod, et al. *Diabetes Care*, 17(1):37-44. 1994.
- "Effects of high monounsaturated and polyunsaturated fat diets on plasma lipoproteins and lipid peroxidation in type 2 diabetes mellitus." V.J. Parfitt, et al. *Diabetes Medicine*, 11(1):85-91. 1994.
- "Effects of varying carbohydrate content of diet in patients with non-insulin-dependent diabetes mellitus." Abhimanyu Garg, et al. *Journal of the American Medical Association*, 271(18):1421-1428. 1994.
- "Effects of vitamin D on insulin and glucagon secretion in non-insulin-dependent diabetes mellitus." Eric Orwoll, Matthew Riddle, and Melvin Prince. *American Journal of Clinical Nutrition*, 59:1083-7. 1994.
- "Evaluation of nutrient intake in subjects with non-insulin-dependent diabetes mellitus." Lois E. Schmidt, Cynthia L. Arfken, and Joan M. Heins. *Journal of The American Dietetic Association*, 94(7):773-4. 1994.
- "Fish oil improves arterial compliance in non-insulin-dependent diabetes mellitus." G.E. McVeigh, et al. *Arteriosclerosis and Thrombosis*, 14(9):1425-9. 1994.
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- "Glycaemic index of a cereal-pulse mix (diabetic mix) in non-insulin-dependent diabetes mellitus subjects." U.V. Mani, et al. *International Journal of Food Sciences and Nutrition*, 45:141-145. 1994.
- "High beta-glucan oat bran and oat gum reduce postprandial blood glucose and insulin in subjects with and without type 2 diabetes." J.T. Braaten, et al. *Diabetes Medicine*, 11(3):312-8. 1994.
- "Incipient and overt diabetic nephropathy in African Americans with NIDDM." Amita Dasmahapatra, et al. *Diabetes Care*, 17(4):297-304. 1994.
- "Insulin production following intravenous glucose, arginine, and valine: different pattern in patients with impaired glucose tolerance and non-insulin-dependent diabetes mellitus." P. Fasching, et al. *Metabolism, Clinical, and Experimental*, 43(3):385-389. 1994.
- "Long-term comparison of three dietary prescriptions in the treatment of NIDDM." Robyn M. Milne, et al. *Diabetes Care*, 17(1):74-80. 1994.



- "The relationship between eating patterns and metabolic control in patients with non-insulin-dependent diabetes mellitus." Lois E. Schmidt, et al. *The Diabetes Educator*, 20(4):317-321. 1994.
- "Serum lipoproteins in African Americans and whites with non-insulin-dependent diabetes in the U.S. population." Catherine C. Cowie, Barbara V. Howard, and Maureen I. Harris." *Circulation*, 90:118S-119S. 1994.
- "Behavioral treatment of obesity: its application to type II diabetes." Rena R. Wing. *Diabetes Care*, 16(1):193-199. 1993.
- "Diet treatment of newly presenting type 2 diabetes improves insulin secretory capacity, but has no effect on insulin sensitivity." *Diabetic Medicine*, 10(6):509-13. 1993.
- "Effects on blood pressure, glucose, and lipid levels of a high-monounsaturated fat diet compared with a high-carbohydrate diet in NIDDM Subjects." Ole W. Rasmussen, et al. *Diabetes Care*, 16(12):1565-1572. 1993.
- "Impact of intensified dietary therapy on energy and nutrient intakes and fatty acid composition of serum lipids in patients with recently diagnosed non-insulin-dependent diabetes mellitus." Jaana H. Laitinen, et al. *Journal of The American Dietetic Association*, 93(3):276-283. 1993.
- "Weight loss program for inner-city black women with non-insulin-dependent diabetes mellitus: Pathways." Wylie L. McNabb, Michael T. Quinn, and Laurel Rosing. *Journal of The American Dietetic Association*, 93(1):75-77. January 1993.
- "Wine for type 2 diabetic patients." C. Christiansen, et al. *Diabetic Medicine*, 10(10):958-961. 1993.
- "Beneficial effect of a low glycaemic index diet in type 2 diabetes." T.M. Wolever, et al. *Diabetic Medicine*, 9(5):451-8. 1992.
- "A high-monounsaturated-fat/low-carbohydrate diet improves peripheral insulin sensitivity in non-insulin-dependent diabetic patients." M. Parillo, et al. *Metabolism*, 41(12):1373-1378. 1992.
- "Management of obesity in diabetes mellitus." Carlene C. Hamilton, Patti B. Geil, and James W. Anderson. *The Diabetes Educator*, 18(5):407-410. 1992.
- "Perceived and actual knowledge of diet by individuals with non-insulin-dependent diabetes." J.F. Watson and S. Duford. *The Diabetes Educator*, 18(5):401-406. 1992.



"Practice guidelines for nutrition care by dietetics practitioners for outpatients with non-insulin-dependent diabetes mellitus: consensus statement." Marion J. Franz. *Journal of The American Dietetic Association*, 92(9):1136-1139. 1992.

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High-fat, low-carbohydrate diet and the etiology of non-insulin-dependent diabetes mellitus: the San Luis Valley Diabetes Study." J.A. Marshall, R.F. Hamman, and J. Baxter. *American Journal of Epidemiology*, 134(6):590-603. Sept. 15, 1991.

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"Obesity in the Pima Indians: its magnitude and relationship with diabetes." William C. Knowler, et al. *American Journal of Clinical Nutrition*, 53:1543S-1551S. 1991.

### **Periodicals (in order by title)**

*Diabetes Care*. American Diabetes Association, 1660 Duke St., Alexandria, VA 22314. (800) 232-3472.

*The Diabetes Educator*. American Association of Diabetes Educators, 444 N. Michigan Ave., Suite 1240, Chicago, IL 60611-3901. (312) 644-2233.

*Diabetes Spectrum*. American Diabetes Association, 1660 Duke St., Alexandria, VA 22314. (800) 232-3472.

### **Patient Education Resources (in order by title)**

Resources listed below have been produced from 1990 to present unless they are difficult to obtain.

Please refer to the "Consumer" level of *Nutrition and Diabetes* and the "Educator" and "Consumer" levels of *Weight Control and Obesity Nutri-Topics* for more items that are available through bookstores and organizations.

## Books (in order by title)

- Balance Your Act - A Book for Adults with Diabetes* (Also available in Spanish, 1990). M. Alogna-Ludi and N. Hull. Atlanta, GA: Pritchett and Hull Associates, Inc., 1993. 96 pp. Available from Pritchett and Hull Associates, Inc., 3440 Oakcliff Rd., NE, Suite 110, Atlanta, GA 30340-3079. (800) 241-4925 or (404) 451-0602.
- Diabetes 101: Revised and Expanded 2nd Edition. A Pure and Simple Guide for People Who Use Insulin.* Betty Page Brackenridge and Richard O. Dolinar. Minneapolis, MN: Chronimed Publishing, 1993. 175 pp. Available from Chronimed Publishing, P.O. Box 59032, Minneapolis, MN 55459-9686. (800) 848-2793.
- Diabetes: A Guide to Living Well.* Updated and rev. ed. Gary Arsham and Ernest Lowe. Minneapolis, MN: Chronimed Publishing, 1992. 416 pp. Available from Chronimed Publishing, P.O. Box 59032, Minneapolis, MN 55459-9686. (800) 848-2793.
- Diabetes Care Made Easy* (Also available in Spanish). Allison Nemanic, Gretchen Kauth, and Marion Franz. Minneapolis, MN: Chronimed Publishing. 160 pp. Available from Chronimed Publishing, P.O. Box 59032, Minneapolis, MN 55459-9686. (800) 848-2793.
- The Diabetes Sourcebook: Today's Methods and Ways to Give Yourself the Best Care.* Diana W. Guthrie and Richard A. Guthrie. Los Angeles, CA: Lowell House; Chicago, IL: Contemporary Books, 1992. 242 pp.
- Everybody Likes to Eat: How Children Can Eat Most of the Foods They Enjoy and Still Take Care of Their Diabetes.* Rev. and updated 2nd ed. Hugo J. Hollerorthorth and Debra Kaplan. Minneapolis, MN: Chronimed Publishing, 1993. 136 pp. Available from Chronimed Publishing, P.O. Box 59032, Minneapolis, MN 55459-9686. (800) 848-2793.
- Exchanges for All Occasions: How to Use the Exchange System for Healthy and Creative Food Choices.* 3rd ed. Marion J. Franz. Minneapolis, MN: Chronimed Publishing, 1993. 378 pp. Available from Chronimed Publishing, P.O. Box 59032, Minneapolis, MN 55459-9686. (800) 848-2793.
- Fast Food Facts...* Rev. and expanded. 4th ed. Marion Franz. Minneapolis, MN: Chronimed Publishing, 1994. 112 pp. Available from Chronimed Publishing, P.O. Box 59032, Minneapolis, MN 55459-9686. (800) 848-2793.
- It's Time to Learn about Diabetes: A Workbook on Diabetes for Children.* Jean Betschart. Minneapolis, MN: DCI Publishing, 1991. 108 pp. Available from Chronimed Publishing, P.O. Box 59032, Minneapolis, MN 55459-9686. (800) 848-2793.
- Managing Your Child's Diabetes.* Robert Wood Johnson IV, et al. New York: MasterMedia, 1992. 199 pp.

*Type II Diabetes: Your Healthy Living Guide.* Alexandria, VA: American Diabetes Association, 1992. 235 pp. Available from the National Center, American Diabetes Association, 1660 Duke St., Alexandria, VA 22314. (800) 232-3472.

### **Handouts (in order by title)**

The following items could be ordered in bulk by educators and health professionals.

*Carbohydrate Counting: Adding Flexibility to Your Food Choices.* Barbara Barry and Gay Castle. International Diabetes Center, Park Nicollet Medical Foundation. 1994. 15 pp. Available from Chronimed Publishing, P.O. Box 59032, Minneapolis, MN 55459-9686. (800) 848-2793.

*Counting Carbohydrates: Getting Started (Level 1); Moving on (Level 2); and Using Carbohydrates/Insulin Ratios (Level 3).* American Diabetes Association and The American Dietetic Association. Nov. 1995. Available from the American Diabetes Association and The American Dietetic Association.

*Dealing with Diabetes (Como Combatir La Diabetes). Age Page.* National Institute of Aging. 1992. 2 pp. Available from NIA, P.O. Box 8057, Gaithersburg, MD 20898-8057. (800) 222-2225.

*Diabetes and Food: A Guide for People with Non-Insulin-Dependent Diabetes Mellitus. (Qué Debe Comer Cuando Tiene Diabetes: Una Guía Para Personas Que Tienen Diabetes Mellitus Pero Que No Necesitan De Insulina).* National Center for Nutrition and Dietetics, The American Dietetic Association, 1990 (1992, Spanish version). Available from the National Center for Nutrition and Dietetics, The American Dietetic Association, 216 W. Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (800) 366-1635 or (312) 899-4854 in the Chicago area.

*Exchange List for Meal Planning (Braille).* Diabetics Division of National Federation of the Blind. 1990. 18 pp. Available from Diabetics Division of National Federation of the Blind, 919 Main Street, Suite 15, Rapid City, SD 57701. (605) 348-8418.

*Exchange Lists for Meal Planning.* Rev. American Diabetes Association and The American Dietetic Association. 1995. 32 pp. Available from the National Center, American Diabetes Association and The American Dietetic Association.

*Food.* Pennsylvania Diabetes Academy. Diabetes Patient Education Series: Review and Remember Booklet (low literacy). 1993. 10 pp. Available from the Pennsylvania Diabetes Academy, 777 E. Park Dr., P.O. Box 8820, Harrisburg, PA 17105-8820. (717) 558-7750, ext. 271.



*Month of Meals* (menu planners). American Diabetes Association, 1992-1994. Pages vary. Available from the National Center, American Diabetes Association, P.O. Box 25757, Alexandria, VA 22314. (703) 549-1500 or (800) 232-3472.

*Reading Food Labels: A Handbook for People with Diabetes*. American Diabetes Association. 1994. 13 pp. Available from the National Center, American Diabetes Association, P.O. Box 25757, Alexandria, VA 22314. (800) 232-3472.

*Recognizing and Treating Low Blood Sugar: Hypoglycemia*. Jan Pearson, Teresa Pearson, and Tish Callahan. International Diabetes Center, Park Nicollet Medical Foundation. 1994. 11 pp. Available from the International Diabetes Center, 5000 W. 39th St., Minneapolis, MN 55416. (612) 993-3393.

#### **Audiovisuals** (in alphabetical order by title)

*21 Single Topic Diabetes Resources* (Nov. 1995). American Diabetes Association and The American Dietetic Association. (800) 745-0775. Chicago, IL: The Association. **Includes:** 21 reproducible masters and guide. Single sheets. **Audience:** Consumers.

*Building Rainbows: A Nutrition Program for Children with Diabetes: Level 1 Activities* (1991). University Park: Pennsylvania State University. (814) 865-6323. **Includes:** 7 audiocassettes, 1 parent guide, 1 activity book, 14 story books, 2 booklets, 2 posters, 1 chart, 51 laminated cards, and 6 sets of stickers. **Content:** Provides information on how insulin works, how to use food exchange lists, and how to follow a meal plan. Gives details on food groups, sweeteners, snacks, and exercise, and list food exchange lists. **Audience:** Caregivers and Children.

*Challenge of Choice: Eating for a Healthy Lifestyle* (1994). Marion J. Franz and Nancy Cooper. Minneapolis, MN: International Diabetes Center. Available from Chronimed Publishing. (800) 848-2793. **Includes:** 68 slides or 1 cassette. **Content:** Discusses nutritional recommendations on how to reduce fat, sugar, and salt in the diet; how to increase carbohydrate and fiber; fad diets, supplements, and caffeine. Completely revised using the Food Guide Pyramid. **Audience:** Consumers.

*Diabetes and Food: The Challenge of Choices* (1990). American Diabetes Association, the Canadian Diabetes Association, and the American Association of Diabetes Educators. Santa Monica, CA: Oracle Films. (213) 450-6637. **Includes:** 23 min. (VHS) videocassette and leader's guide. **Content:** Discussion among members of a diabetic support group on the small changes that must be made in diet, meal planning, and daily decisions. **Audience:** Consumers.



- Diabetes and Nutrition: Eating for Health* (Available in Spanish) (1994). Timonium, MD: Milner-Fenwick, Inc. (800) 432-8433. **Includes:** 12 min. (VHS) videocassette. **Content:** Explains healthy food choices and modified eating habits that are important for a person with diabetes. Viewers will understand the importance of limiting high fat and sugary foods. How to work with a dietitian or diabetes educator to develop a personal meal plan is discussed. **Audience:** Consumers.
- The First Step in Diabetes Meal Planning* (1995). American Diabetes Association and The American Dietetic Association. (800) 745-0775. Chicago, IL: The Association. **Includes:** pamphlet/poster. **Content:** Discusses basic steps to menu planning. Low literacy. **Audience:** Consumers.
- The Food Guide Pyramid for Persons with Diabetes* (1994). Los Angeles, CA: National Health Video, Inc. (310) 472-2275. **Includes:** 16 min. (VHS) videocassette. **Content:** Introduces each food group featured in the pyramid, giving specific examples of foods to be found in each group. Discusses serving sizes and how they relate to the exchange system. Also gives important food preparation and nutrition tips. **Audience:** Consumers.
- How to Read the New Food Label for Persons with Diabetes* (1994). Los Angeles, CA: National Health Video, Inc. (310) 472-2275. **Includes:** 14 min. (VHS) videocassette. **Content:** Explains how the new food label expands available information to enable persons with diabetes to make better food choices. Discusses the difference between exchange and servings. **Audience:** Consumers.
- Introduction to Diabetes: The Game Plan* (1994). Timonium, MD: Milner-Fenwick. (410) 252-1700. **Includes:** 11 min. (VHS) videocassette. **Content:** Explains managing diabetes through lifestyle changes. Discusses what diabetes is, symptoms, complications, how to control it, and the importance of ongoing contact with educators and physicians. **Audience:** Consumers.
- It's Time to Learn about Diabetes: A Video on Diabetes for Children* (1993). Gary Pethe. Elkhart, IN: Visions. Available from Chronimed Publishing. (800) 848-2793. **Includes:** 18 min., 20 sec. (VHS) videocassette. **Content:** Addresses concerns of children in an entertaining and positive way. **Audience:** Children.
- Meal Planning: Eating Right for People with Diabetes (Planificacion De Las Comidas: Una Buena Dieta Para Personas Con Diabetes)* (1994). Evanston, IL: Altschul Group Corp. (800) 421-2363. **Includes:** 13 min. (VHS) videocassette. **Content:** Following the U.S. Dept. of Agriculture's Food Guide Pyramid, this program provides a sensible approach to meal planning and good eating for people with diabetes. A dietitian leads a workshop on healthy eating including tips for shopping, family meals, and snacks. **Audience:** Consumers.

*Monitoring to Promote a Healthy Lifestyle: A Resource Manual* (Nov. 1995). American Diabetes Association and The American Dietetic Association. Chicago, IL: The Association. (312) 745-0775. **Includes:** Reproducible masters on assessment, monitoring (lifestyle), foods, activity, self-monitoring of glucose, and evaluation forms. **Content:** Manual intended to help educators. **Audience:** Educators.

*Put the Fat Back: Smart Shoppers Take Control* (1991). Health Literacy Project: Health Promotion Council of SE Pennsylvania. Philadelphia, PA: The Council. (215) 546-1276. **Includes:** 16 min. (VHS) videocassette. **Content:** This video shows two African-American women grocery shopping. Both have diabetes. They go through the store sharing tips on how to reduce fat and sugar in the meals they prepare for their families. **Audience:** Consumers.

*Shop Smart: Reading Food Labels* (1993). Nancy Cooper. Minneapolis, MN: International Diabetes Center. Available from Chronimed Publishing. (800) 848-2793. **Includes:** 80 slides, script, and audiocassette. Also available as 33 min. (VHS) videocassette. **Content:** This program is intended for consumers and educators who want to know about food labeling and how labels help people make food choices for a healthy diet. **Audience:** Consumers and Educators.

*Thin Dining for People with Diabetes* (1990). Ed Weinstock and Robert H. Dean. Vantage-Point Productions and National Health Video, Inc. Los Angeles, CA: National Health Video. (310) 472-2275. **Includes:** 23 min. (VHS) videocassette. **Content:** Discusses ways for diabetics to maintain a low fat diet and eat healthy meals when dining outside the home, in restaurants, at parties, or on vacation. **Audience:** Consumers.

## Contacts for Assistance

Contacts listed are resources for answering questions on the subject. Some of these contacts also provide publications upon request.

### Local Contacts (listed in telephone directory)

### Ask for the:

Dietetic Association (state, regional, district, or chapter) . . . . .	Dietitian
Health Department (city, county, state) . . . . .	Public Health Nutritionist
Hospital . . . . .	Dietitian
College or University . . . . .	Nutrition Instructor

### National Contacts:

American Association of Diabetes Educators, 444 North Michigan Ave., Suite 1240, Chicago, IL 60611-3901. (312) 644-2233.

Diabetes Care and Education Practice Group, The American Dietetic Association, 216 West Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (312) 899-0040, ext. 4813.

Food and Nutrition Information Center, National Agricultural Library, USDA, 10301 Baltimore Blvd., Room 304, Beltsville, MD 20705-2351. (301) 504-5719.

International Diabetes Center, 5000 W. 39th Street, Minneapolis, MN 55416. (612) 993-3393.

Joslin Diabetes Center, 1 Joslin Place, Boston, MA 02215. (617) 732-2400.

Juvenile Diabetes Foundation International, 432 Park Ave. S., New York, NY 10016-8013. (212) 889-7575.

National Center, American Diabetes Association, P.O. Box 25757, Alexandria, VA 22314. (703) 549-1500 or (800) 232-3472.

National Diabetes Information Clearinghouse, U.S. Department of Health and Human Services, 1 Information Way, Bethesda, MD 20892-3560. (301) 654-3327.

National Library of Medicine, National Institutes of Health, U.S. Department of Health and Human Services, 8600 Rockville Pike, Bethesda, MD 20892. (301) 496-6308 or (800) 638-8480.

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- Food and Nutrition Information Center Staff

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The resources listed contain accurate nutrition information and are available nationwide. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. This *Nutri-Topics* is issued in two editions: Health Professional/Researcher and Consumer.

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